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Cures Rheumatism, Neuralgia, Headache, Toothache, Backache, etc., etc.  
AT DRUGGISTS AND DEALERS  
THE CHARLES A. VOIGT CO., BALTIMORE, MD.

## CLASSIFIED ADVERTISEMENTS.

All persons seeking employment who cannot afford to pay for advertising in this column for situations free of charge.

## PERSONAL.

THE People's Intelligence and Employment office, up stairs over postoffice, Room E, Railroad, hotels, restaurants, grocers, etc., and private families furnished with reliable help, both male and female. All orders promptly attended to. Telephone No. 11. C. W. Guyan, Proprietor.

## MONEY TO LOAN.

We are now prepared to loan money in any sum desired, on pastures, improved farms or ranches. Will also buy vendor's lien notes. SOMMERVILLE & CHASE, 508 Main street, Fort Worth.

**MONEY TO LOAN**—I will buy vendor's lien land notes in sums of \$1000 and over loans made all over North Texas on improved real estate on long time at low rates. James H. Simpson, 731 Elm street, Dallas, Tex.

## BUSINESS CHANCES.

**WANTED**—Business chance—A live business man with \$5000 wanted to take over an established, good paying business. Apply at 911 Main street, between Eighth and Ninth streets.

**WANTED**—A permanent situation will be guaranteed a young man as hotel clerk in a first-class hotel, who can loan his employer \$250, secured. Address Hotel, Gazette office.

## WANTED-AGENTS.

**WANTED**—An energetic, reliable man with \$5000 to take over a business that will pay him from \$300 to \$500 annually. Address with references, "A. T. C." care letter carrier No. 2, city.

## SITUATION WANTED-MALE.

**WANTED**—Employment by a practical vegetable grower (married, no children). His wife would do house work or cooking. Address Gardener, care Gazette office.

**WANTED**—A situation, book keeping, etc. I am a young man of four years experience in mercantile, and can furnish exceptional references. Address E. care Grand Hotel.

## WANTED-MALE HELP.

**WANTED**—A first-class barber, 100 Houston street, P. M. Glee.

**WANTED**—A piano player at the New Texas saloon.

**WANTED**—Fifty wages and labor and two or three miles south of Fort Worth on the Fort Worth & Rio Grande road. Apply at once, J. P. H. care Gazette office.

## WANT-BOARDS.

**WANTED**—By a gentleman and his wife, board with nice furnished room. Address, living room and location, "Home," Gazette office.

## WANTED-BOARDERS.

**WANTED**—Boarders. Confronted day board at 814 California street; also two furnished rooms for rent.

**FOR RENT**—Rooms—Furnished sleeping rooms at 310 Houston street. P. M. Glee.

**FOR RENT**—Furnished or unfurnished rooms at No. 300 Florence street, corner Second; convenient to good boarding houses.

**FOR SALE**—Luggage shop, all tools and fixtures complete. Best stand in town. Inquire at G. W. Brooks.

**FOR SALE**—A lot of new goose feathers, at 1000 Main street.

**FOR SALE**—3000 acres of agricultural land, enclosed by seven barbed wire and one rail, with eight feet water, has frame house, three small barns, four corals, two wells, plenty of other stock, water, etc. Packed with 100 head of four-year-old cows with calves by thoroughbred Hereford bull, sixty head of Hereford calves, yearlings in the spring, three grade Hereford bulls, one thoroughbred Hereford bull, 100 lb. of Poland China pigs. This property is three miles west of Decatur, in Wise county, Tex., and is a great money maker. Will sell stock separately and rent the pasture for a few years. There is a bargain in this and it must be said. Address owner, A. P. Hasey, St. Joseph, Mo., or to J. W. Allen, after that, Pickwick hotel, Fort Worth, Tex.

**FOR SALE**—Hotel doing a good business; everything new; thirty four good rooms; centrally located in Fort Worth. Apply to D. Ross.

**FOR SALE**—Large hotel, with thirty-five rooms, well ventilated, centrally located in county site. Population 4000. No opposition. Terms easy. Apply to Bobo & Olive, Georgetown, Texas.

**FOR SALE**—Dwellings. A lot of new houses, 910 Houston street, between Eighth and Ninth streets. Inquire of H. A. Fredrick, 303 Main street.

**SHIP**—Your name to Robinson Bros., 1015 Main street, Fort Worth, Tex., for a ship, water, eighty gallons of natural spring water, eighty gallons of natural spring water, eighty gallons of natural spring water, etc.

**PROFESSIONAL.**  
**EYE, EAR, NOSE AND THROAT.** Dr. Frank Gray, office over Fred L. King's shoe store.

**DR. EMORY E. NIXON**, homeopathist, has removed his office and residence to corner Fourth and Taylor streets, Dr. Broiles' former residence. Office hours, 10 to 10 a. m., 2 to 4 p. m. Telephone connections.

**VIVIAN & EVLAND**, general land and collection agents for the Panhandle of Texas, Amarillo, Tex.

**HOLDERS & WELLS**, Attorneys at law, 100 Montague street. Special attention given to land and commercial litigation.

**WOOD, FISHER & FOLLIOTT**, Attorneys at law, San Marcos, Texas.

**DAVIS, BEALL & HUGHES**, Attorneys and Counsellors at Law, Over Fort Worth National Bank Main street, Fort Worth, Tex.

**SPECIAL NOTICES.**  
**Stockholders' Meeting.**  
The regular annual meeting of the stockholders of the Fort Worth & Denver City Railway company will be held at the office of the company in the city of Fort Worth, Tex., on Tuesday, December 1, at 10 o'clock a. m. The transfer books will be open on the 15th of November, at 10 o'clock a. m., and will remain open on the 15th of December, at 10 o'clock a. m.

**Silver Loaf Baking Powder.**  
Never fails when the directions are followed, hence there is never a word of complaint heard against it. The inexperienced cook is able to make as good bread with it as the professional baker, simply because its ingredients are so compounded as to make failure impossible when the directions are followed. A trial is all that is necessary to make it indispensable to all well-regulated households.

## M. E. CONFERENCE.

Two Days' Proceedings of the North-west Texas Methodist Conference at Lampasas.

A List of Committees Appointed—An Adjournment Taken to Attend Thanksgiving Service and Eat Turkey.

Special to the Gazette.

LAMPASAS, TEX., Nov. 25.—Bishop J. C. Keener, D.D., of New Orleans called the Northwest Texas conference to order yesterday at 9 o'clock a. m., about 150 members being present. Rev. F. P. Ray of Waxahatchie was elected secretary for the ninth consecutive term. The bar of the conference was fixed as the entire church reports were read, and it was resolved to raise funds to locate a bishop in Texas. Dr. Daniel Morton delivered a stirring address. The balance of the day was consumed in appointing committees. Among the prominent visitors we see Rev. David Morton of Louisville, Ky.; Alf Mizell of St. Joe, Mo.; Dr. Pointer, Shelbyville, Ky.; R. S. Bishop of Waco; W. H. Vaughn, Corsicana; Rev. Ailison, Fort Worth; Dr. J. W. Hyde, regent of Southwestern University of Georgetown; A. H. Bourland of Georgetown; M. H. Wells, Weatherford.

The conference was called promptly to order for its second day's work at 9 o'clock at the Methodist church, Bishop J. C. Keener, D.D., presiding, about 150 members being present and visitors to equal that number. G. W. Swofford, M. Dechman, M. K. Little and N. A. Keau were elected as assistants to Mr. Ray.

The following committees were appointed: Public Worship—James Mackey, W. T. Melugin.

Books and Periodicals—Sam P. Wright, G. W. Graves, D. C. Strange, J. A. Wallace, R. V. Galloway, L. L. Mills, S. J. Franks, N. A. Keen.

Bible Cause—J. H. Collier, Sr., Sam Morris, J. W. Kiziah, W. J. Lemons, E. W. Simmons, Thomas Stanford, S. V. Jones, R. F. Baggett, Sam Weaver, S. B. Jettison, N. W. Brooks, B. G. Jewell, C. M. Fowler, J. F. Swofford, W. J. Morton.

Temperance—J. G. Patman, A. P. Taylor, A. Long, B. J. H. Thomas, J. W. Montgomery, J. F. Neal, J. T. Hosmer, D. H. Dickey, E. M. Sweet, J. H. Trimble, G. W. Baker, J. T. Bloodworth, Hiram Sharp.

Conference Relations—C. S. McCraven, G. W. Swofford, J. J. Harris, B. A. Thomas, W. E. Woodard, W. L. Harris, R. M. Morris, M. B. Johnston, J. W. Samsom.

Publication of Minutes—R. C. Armstrong, Bishop, J. K. Leon.

Scale of the Church—W. F. Graves, J. D. Crockett, John Dickinson, A. P. Taylor, Sam E. Reed, T. B. Norwood, J. J. Johnston, Wm. Price, E. M. Windward, J. S. Davis, W. H. Kiersey, James Elliott, B. W. Jackson, J. T. Tannell, J. W. Stevens, N. S. Greenwood.

District Conference records—J. Haralson, J. A. Gardner, J. H. Collier, Jr., H. M. Glass, J. M. Baker, Jacob F. Carl, J. R. Steel, Daniel Morgan, W. H. LeFevre, C. G. Schutt.

Conference Colportage—J. S. McCraven, Thomas Stanford, Sam Morris, Jas. Mackey, C. G. Schutt.

Memoirs—R. C. Armstrong, M. K. Little, A. M. Dechman.

The following names were referred to the proper committees for a superannuated relation: R. Crawford, Thos. G. Gilmore, John Carpenter, Jas. M. Johnson, H. W. South, Mordell Yell, J. P. Standfield, J. W. Walker, J. W. B. Allen, J. S. McCraven, James Grant, Peter W. Graves, J. M. Jones.

The names referred to superannuated committee are John Powell, R. J. Perry, Joe F. Hiner and F. P. Ray. S. S. Yarbrough, who was on the above list, died during the past year.

The following local preachers were elected deacons: M. L. Perry, James A. Kidd, John S. Woodard, Thomas G. Payne, Samuel O. Gafford, Charles F. Kiker, George M. Tucker, George W. Snelder.

To the question: "Are all the preachers here?" the presiding elder stated there were complaints against L. H. Trimble, and the case was referred to an investigating committee composed of Sam P. Wright, W. G. Connor and J. H. Collier.

Reports of the following schools and colleges were read and referred to the board of education: Southwestern university, Centenary college, Parker institute, Belle Plain college.

A communication from the board of church extension was announced and read by the secretary. The former boards of missions, Sunday schools, finance and education were continued.

The conference adjourned to attend divine service of Thanksgiving, which was opened by Prof. McIlhenny of Georgetown by reading President Cleveland's Thanksgiving proclamation, after which Bishop Keener delivered a most impressive prayer and sermon, and the balance of the day was spent in a war on turkeys.

## STUDY OF INSANITY.

The Meaning of Delusions, Hallucinations and Illusions.

Pittsburg Dispatch.

Great confusion exists in the minds of many people with regard to the proper meaning of the words, delusion, hallucination and illusion. It would perhaps not be amiss to give a definition of these words. By a "delusion" is meant a faulty belief, out of which a person cannot be reasoned by adequate methods for the time being. Delusions are the principal evidences of insanity, but not all persons who have delusions are considered insane.

By an "hallucination" is meant the perception of an object without a real presence to justify the impression. For instance, if I should see human forms, while in reality no one is near, or hear voices when no one has spoken, these would be hallucinations. It is perfectly possible for a sane man to have hallucinations corrected. The insane man cannot correct these impressions, and believes firmly that he has seen persons who in reality no one was near, and that he has heard voices when in reality no one has spoken. These, then, become delusions; that is, faulty beliefs out of which he can not be reasoned.

An "illusion" is the perception of an object actually present, but in characters which that object does not possess. For instance, if I should see a bright cloud in the sky and take it for a fiery chariot, or see an old friend in the person of a stranger, these would be illusions. If I would correct the impression and be con-

vinced that the fiery chariot was only a bright cloud, or that the friend was in reality a stranger, then they would be illusions proper. If I could not be convinced of the falsity of my first conclusion they would become insane illusions, or more properly delusions.

In the insane the delusions take one or the other of these forms, and hence they are termed insane hallucinations, or insane illusions. The insane hallucinations and illusions may occur in any one of the senses—in the senses of sight, hearing, smell, taste or feeling; that is, catatonic sensibility. Hallucinations and illusions of sight are very common among the insane, and their form depends upon the disposition of mind and direction of the thoughts of the person. Thus in the melancholic they are always of a depressing character. He sees the flames of hell encompassing him about, or sees his children being tortured, while in the maniac they are of the opposite kind—exhilarating, exciting, exalting. Hence God in all his glory: heaven opens up before his eyes.

Hallucinations and illusions of hearing are most common among the insane. Voices are most commonly heard. In the melancholic these voices are of reproach or menace, or voices that command him to commit some atrocious act. The following is a good example of pure hallucination of hearing. A young man had not spoken a word for six months, nor performed any voluntary act. One day he seized a bottle and threw it at the head of an attendant. After this he remained quiet and immovable and recovered in a few months. When asked why he had thrown the bottle, he said: "Because I heard a voice saying, 'Kill somebody and you will be delivered.' I did not kill the man, therefore my lot could not be altered, and I remained quiet and immovable. Moreover the same voice repeated without ceasing, move and you will be dead. This warning was the cause of my immobility."

Hallucinations and illusions of smell and taste are not so common, yet they occur, and may be of a pleasant or unpleasant nature, depending upon the disposition of the person. From these often arise the ideas of insane patients that they are being compelled to breathe noxious gases, as chloroform or ether, or ideas that they are being poisoned by articles introduced into their food. Again, to certain of them, plain hospital fare may seem as the ambrosia of the gods, and plain, weak water as sweet nectar.

With regard to feeling or cutaneous sensibility, hallucinations and illusions cannot be distinguished from each other, as it is impossible often to tell whether there is really any abnormal sensation or not. The various sensations that some experience are very disagreeable and somewhat frightful, as when a person thinks that serpents are crawling over him, or that frogs have taken lodging in his stomach, or that birds are in his chest, or a dog in his head. A case which illustrates hallucination of several senses is the following: A man was returning home one moonlight night, and was somewhat fatigued by his long walk. All at once it seemed to him as if he saw a great animal like a dragon roll itself out of a ditch by the roadside. He became exceedingly afraid, and at the same time felt himself gravely injured. He turned round by the animal, nevertheless, could, as he said, free himself by running. Immediately afterward he fell into a ditch, and the lungs which affected his on the right lung, and he died in a short time.

The various delusions of the insane, whether they are in the form of hallucinations or illusions, often render them exceedingly dangerous to society. For instance, a man commanded by God to kill his family, or some neighbor, or some one in high office, is about as dangerous a factor to society as could be found. A man who thinks that some one is sticking him with knives every night is very liable to attack the person he imagines is sticking him. A man who thinks some one is poisoning him is very liable to endeavor to retaliate.

It is a well-known fact that starvation will induce hallucinations, and sight and hearing are usually affected, as is shown by the following example: A few years ago several lumbermen lost their way on the ice of Lake Ontario and were found on a little island, from which it was difficult to remove them, owing to the attractive vision of a splendid feast and a warm fire which occupied the minds of these persons. They had almost reached the point of death from cold and starvation.

Two teamsters were lost in the woods in Montana. Both were saved by the pluck of one of them, but he experienced great difficulty in preventing his comrade from darting away into the woods, where he claimed stood a man with a basket of provisions and a house with lights from which proceeded the noise of a carousel.

## Just Try One.

Buy a package of Silver Loaf and give it a fair trial. If you do this you will never regret it. How many disastrous failures in making bread cause troublous vexation in the household? This can all be obviated by a trial of Silver Loaf. J. H. Brown guarantees its purity, strength and efficiency.

A simple method of artificial respiration in cases of drowning is thus described by Mr. J. A. Francis in the British Medical Journal: "The body of the patient is laid on the back, with clothes loosened, and the mouth and nose wiped; two bystanders pass their right hands under the body at the level of the waist and grasp each other's hands; then raise the body until the tips of the fingers and the toes of the subject alone touch the ground; count fifteen rapidly; then lower the body flat to the ground, and press the elbows to the side hard; count fifteen again; then raise the body again for the same length of time, and so on, alternately raising and lowering. The head, arms and legs are to be allowed to dangle down freely when the body is raised."

The Biggest Head in Town  
Is that mammoth cabbage head at the Fort Worth Grocer Co's. Be sure to see it.

A runaway from bloodhounds has thrown them off the track by rubbing tobacco on his boots. The trouble is, however, that bloodhounds don't give a man time to make many preparations for a journey.

Rain-in-the-Face, the Sioux chief who killed Custer, wants the United States to send him to school. This poor, benighted savage has probably heard that the pen is mightier than the sword.

The startling news that the Washington police force propose to blackmail congressmen into raising police salaries indicates that neither police or congressmen are any better than they should be.

## TAKE YOUR WIFE'S ADVICE.

How many Men are Ruined and Why Female Instinct is often better than Masculine Reason.

Many a well-meaning man has been ruined before now, because he failed to take his wife's advice. Some friend may have persuaded him to go into a business venture, which his wife's finer instincts told her was not a good one, but he neglected her suggestions and lost his money. Many a man has been brought to a bed of sickness or perhaps of death, has he seen how sincere and good that advice was. Many men have felt a bad taste in the mouth, a dull pain in the head, a lack of energy through the entire system, sluggish liver, no appetite and yet have neglected to take their wife's advice to drive away these evils. They sought a renewal of energy by drinking or allowing these symptoms to run into disease and disease into death, when it might all have been avoided had they taken their wife's advice.

A well-to-do resident of Baltimore who keeps a grocery store on Eutaw Street, never went home to his family at night without feeling all tired out, with no appetite for his supper and no taste for enjoyment with his family. His wife's quick instincts noticed his gradual decline and she urged him to take a preparation for such troubles, which she had heard many of her friends and neighbors speak most highly of. He ridiculed the idea; said he was only feeling a little poorly, and would be better in a few days; but in a few days he was worse and in a few weeks he was in bed and the doctor shaking his head most solemnly. Then he consented to take his wife's advice and in less than ten days he was back to business, was strong and vigorous, and has been kept in perfect health ever since, wholly by the use of Volina Cordial. This remarkable preparation, which has awakened such interest in the localities where it has been best known, seems to be working a wonderful change in the health and energy of the people who are weakened by disease, overburdened by care, or broken down by overwork. It is recommended by the greatest scientific authorities, as the best tonic and gentle stimulant known, and the wonderful results it is achieving, prove that these recommendations are most true.

## "LABOR" IN POLITICS.

The Effect of Labor Organizations Acting as Political Parties.

Philadelphia Record.

So far from affording cause for anxiety and alarm, the awakening of American workmen to a realization of their political power ought to be hailed with gratification. There is nothing in the political condition of the country or in the aims of its workmen that justifies the wild campaign talk about the "French Revolution," "Anarchists," and the "Red Republic," and hence it is that sort of stuff may as well be dismissed from sober discussion. That the large vote in New York for Henry George and the results in Chicago and Milwaukee should give great encouragement to the organized movement of labor in politics was to be expected. But in order to achieve or deserve political success this movement will have to undergo some essential change in its spirit. It is not by setting up a separate political organization of an exclusive class that the workmen will be able to effect just and practicable results in legislation. They have not the numbers to justify such an undertaking on a national scale; and, if they had, the wisdom of a separate political organization may well be challenged in a government of equal rights like this.

The census shows that in 1880 the whole number of persons engaged in manufacturing, mining and mechanical crafts was 5,873,112. Under the head of "professional and personal services" the number employed was 4,074,235. The farmers numbered 7,670,493. Many laboring men belonging to trades unions are in the second classification; but these divisions show that if the Knights of Labor and trades-unions were to be compactly organized in a separate political party they would be left in a considerable minority should their aims be opposed by the rest of the people.

The first consideration of a political labor movement is: What can legislation or government do to better the condition of workmen? Through their trades-unions workmen are accomplishing more for their self-protection than they could by acts of congress and state legislation. The most they can attain through legislation would be the repeal of laws which interfere with their industries and create vast monopolies of trade and transportation. The workmen of the country have good reason to exert their political power in this direction; but they have not done it, except in a desultory way. They gave nearly seventy thousand votes to Henry George; but where their influence upon legislation might have been exercised in New York, in the election of members of congress, they hardly exerted it at all.

In the districts of Col. Morrison and Speaker Carlisle the organization of the Knights of Labor has been used against two of the ablest and most courageous friends of the workingmen's cause in congress, who have too much self-respect to resort to the tricks of demagogues in order to secure votes.

But one good effect of this labor movement in politics will be to dissipate to a great degree the prejudices of workmen in favor of protection. No one has labored more earnestly than has Henry George himself to expose what he calls the humbugs of the tariff. He has demonstrated with great ability that this system, while building up monopoly on the one side, raises on the other obstructions and barriers to industry which put it out of the power of capital to meet the just demands of labor. By his convincing arguments he has removed from the minds of many thousands of workmen their illusions concerning the magical power of the government to raise their wages by taxing the raw materials of their labor and their necessities of living. In this he has done invaluable service by directing workmen to the mischiefs of tariff legislation that need political remedy and reform. But this desirable end cannot be reached by a separate organization of labor in politics.

If the fallacies of the protectionists have caused much confusion in the minds of workmen, there is no such difficulty in regard to the monopolies who have absorbed vast wealth by selling upon the means of railroad transportation, and thus controlling the supplies of all articles of necessity. These monopolists have created the greatest disparities in conditions of living, and have provoked the deepest discontent among the labor-

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We also carry in stock 27 B Iron, Tin Plate, Solder and Galvanized Iron, which we sell at lowest market prices. Wholesale agents for the state of Texas for  
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Fine Carriages for Private calls a specialty; good roadsters for pleasure riding. Hunting, Fishing and Drummers' outfits always on hand.  
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ing masses of the republic. They have fully earned the appellation of public robbers; and the vast evils they have produced, and are still producing, cannot be overbalanced by the stimulus which their grasping and unscrupulous methods have given to the development of the country's natural resources. In the efforts to curb this monster, the state has almost wholly failed in its duty; and the indifference of workmen, organized and unorganized, to the iniquitous discriminations of railroad monopoly, especially in this great commonwealth, has been surprising. By the intelligent exercise of their political powers the workmen can break up this mischief of monopoly and bring the railroads under the restraint of just laws. But they cannot accomplish this end by wasting their strength upon separate political organization. In order to capture and fetter the strongly entrenched giant of railroad monopoly they will have to unite with other citizens who are quite as much interested as themselves in obtaining relief from its oppressions.

**THE COST OF MARRIED LIFE.**  
A Widow Gives Some Facts About the Cost of Living by Married and Single Men.  
New York Mail and Express.

"I often hear young married men say that it costs them no more to live than it did when they were single," remarked a widow to a Mail and Express writer yesterday.

"Do you agree with them?"  
"If two and two make four I do not. I have had some experience, and I have discovered that it costs just twice as much and frequently three times as much for a man to support a wife as to live single. It does not make any difference how economical a wife is, she cannot do away with the stern fact that it costs just twice as much for two people to live as one. Of course single men who are independent and have plenty of spending money invariably get rid of a good deal per annum anyway. A wife can save money for this class of men, provided she can keep him away from the clubs, make him give up his unnecessary and expensive bachelor habits, and put at least a part of those superfluous expenditures upon the household and her own expenses. But if he does not follow this course his expenses are doubled. A firm husband who is making money, therefore it behooves all men who are prospering to marry the widow of a clerk on a salary of \$60 a month, or \$15 per week, what would he save by marrying? Suppose he tries boarding; it will cost him and his wife \$12 per week, \$10 at the least calculation, whereas he only paid \$6 or \$5 for himself. See what a small margin he has for saving money after marriage. He can't save a penny. Washing and other incidental expenses will eat up the \$5 or \$6 margin; it makes no difference whether it is \$5 or \$6. Well the \$3 margin would soon put him in debt. If he remains single he obtains board at \$6 per week, pays \$3 a week for incidental expenses and puts in the savings bank \$72 per year. To do this he has to wear \$8 and \$10 suits of clothes, never go to the theater, unless once or twice a month he goes in the gallery at 25 cents a mission, and to live a close and economical life. Suppose he keeps house. He can rent a small house in the suburbs of Brooklyn for \$30 a month. Take it for granted that the house is furnished by some cash he happens to have, then he has nothing to do but pay the rent, buy food and fuel and clothes for himself and wife. Can he do it on that \$15 a week?

Not much; but he can come nearer living this way than by boarding. His food and fuel need not cost him over \$25 or \$25 per month, leaving a balance of \$15 for the hundred other little expenses attached to running even a modest domestic household. His expenses for car fare, going and coming from business, foot up at the end of the month. Possibly he might be able to put through three or four months, but I doubt it. The question, then, is how can a \$15-a-week young man marry and live happily and not run behind? He must be sensible and marry a \$10-a-week young woman, who, after she has married, must continue to be in a \$10-a-week mood. They will have to board of course, as both will have to leave home and work. At \$12 a week for both, they will have a margin of \$13 to go upon for incidental expenses. These are the experimental and actual facts about the \$15-a-week young man and there is no way to reduce his expenses; therefore it is folly for him to marry unless he marries a \$10-a-week young woman. I have read articles in the Mail and Express about cheap living, but they sounded like the theories of an impracticable dreamer."

**Sleep as a Mechanical Operation.**  
A writer on the philosophy of sleep declares that sleep is prevented by an excess of blood in the brain, and proposes, as a remedy, to pump the blood back from the brain by a peculiar method of breathing, for which directions are given as follows: Having assumed the usual posture of repose, the person is to inhale slowly and steadily long breaths, drawing the whole attention to making the inhalations and exhalations exactly the same length—the length to be much greater than that of ordinary breathing, although not sufficient to disturb the circulation by working the lungs to their utmost capacity. In support of this theory reference is made to the feeling of faintness produced by holding the lungs with all the air they hold and then expelling it, repeating the operation rapidly three or four times; the resulting faintness is attributed to the withdrawal of blood from the brain, and the same effect, substantially, follows any sudden and extreme emotion. So violent a disturbance of the system, however, is not advised for the purpose sought, but a steady and gradual diversion of the blood from the brain to the lungs and body.

Angostura Bitters is known as the great regulator of the digestive organs all over the world. Have it in your house. Ask your grocer or druggist for the genuine article, manufactured by Dr. J. C. Siegel & Sons.

The mummies of the Smithsonian Institute at Washington are so cramped that they clamor for another building, costing a quarter of a million, to stretch their bones in. Perhaps it would be cheaper for the government to send them to Pittsburgh and permit the authorities there to hold an inquest over them and bury them quietly and inexpensively in the potter's field.

**Pure Baking Powder.**  
Pure baking powder is one of the chief aids to the cook in preparing perfect and wholesome food, and the housewife will do well to be on her guard against baking powder transpired from house to house, as the mummies of the Smithsonian Institute are taxed to its utmost to supply the demands that come through legitimate channels.